

LLI FITNESS CLASSES

Original Query from Debbie Leidheiser, Lifelong Learning Institute, Chesterfield, VA

We started offering Fitness Classes to our members in the fall of 2006; a low impact and a "sit and be fit" class. We are interested in knowing if other Institutes offer these classes to their members.

If you offer fitness classes:

1) Do you pay your instructors or do the members taking the classes pay the instructors themselves?

2) Does the instructor have to be certified?

3) Does the instructor have to carry insurance or does the Institute carry the insurance in case someone gets hurt during a class?

Any other information on how you structure your fitness classes and how the classes are led would be appreciated.

From Shirley Hibarger, Center for Lifelong Learning, Fort Walton Beach, FL

At the Center for Lifelong Learning in Fort Walton Beach, Florida, we offer *Yoga, Tai Chi, Fountain of Youth Exercises and Exercise to Improve Flexibility*. In addition to the exercise classes we also offer *tap dancing musical theater and square dancing*

Response to your queries:

1. We are an all-volunteer school; no one is paid.

2. Certification is not a requirement, although most of them are.

3. We are incorporated and carry our own insurance.

I hope this will help. Please contact me at hibarger@aol.com if you have any further questions.

From Michael Markowitz, IRP, New York City

We have never offered "classes" in this area because it would not be in keeping with our peer learning commitment. However IRP students receive half price memberships in the state of the art YMCA, a block from campus. The "Y" offers dozens of workshops and classes. IRP students may also participate in any of many student workshops from Yoga to Salsa that are offered on campus.

We pay no one and are 100% peer led

2) University standards would apply.

3) University policy requires a student release.

From Carolyn Bowman, ck-bowman1

We have been having some type of medical class like on Diabetes: Everything You Want to Know About It! We had one on heart and blood pressure. These are given by local doctors, some are retired. It seems something like this is offered at least once a year. We have one this spring The Inner Dimensions of Walking led by two retired professors. No one is paid.

From Nancy E. Kress, Lifelong Learning, Walla Walla Community College, Walla Walla, WA

We generally offer two Yoga classes (regular Yoga and Yoga for the Rusty) and Pilates each quarter. Our fitness classes for Quest are run through WWCC the same as all of our other classes and are paid. Instructors need to have current CPR training. They should also be certified in their discipline. WWCC is self insured and our instructors are under the schools insurance umbrella. Our students pay the tuition waiver price of \$38.50 for 20 hours of class on campus. Classes are always full and everyone seems happy.

From Lois E. Marshall, Institute for Learning in Retirement, Bergen CC, Paramus, NJ

1) We only offered Fitness classes twice. At that time, it was taught by a retired medical doctor who had designed it for his patients.

2) None of our instructors are paid, **all** are volunteers.

3) Our students are covered by college insurance since they have a student ID.

4) We do not generally offer classes of that nature since there are so many private fitness programs that are run by professionals in the area and we do not have the space to accommodate them properly.

I personally do not feel that we should be in competition with other commercial organizations and we stay away from classes of that nature. If you send me your address, we will mail you a couple of brochures from our past programs.

From Osher Lifelong Learning Institute at The University of Southern Mississippi.

We offer Tai Chi, Line Dancing, and Strength and Weight Resistance Training.

We pay our instructors the same as all instructors.

No, they are members of OLLI.

No insurance

From Sara J. Skaggs, Rock Valley College Center for Learning in Retirement, IL

1) Yes, each semester we have Tai Chi, Easy Chair Yoga, and some kind of low impact exercise.

We don't pay anyone to teach anything. Many of our class leaders acknowledge they have a role in community service and consider what they do for us just that --community service.

2) Our instructors do not necessarily have to be "certified."; however, with that said, those who come forward to lead these classes have, in fact, continued their education and are certified.

3) The instructors do not have to carry insurance. If they're with this program, they are part of the college, thus insurance is not an issue.

From Dr. Sarah Fletcher, Furman University Learning in Retirement, SC

Hello from Furman University Learning in Retirement in Greenville, SC. (FULIR) Yes, we do offer fitness classes. This spring term we have:

1) three different all-day hiking classes that meet 9 a.m.-4:30 p.m. (Mondays, Wednesdays and Thursdays. Each class meets just once a week. Very popular.)

2) Aqua-cise (exercise in the pool): Meets Tuesdays and Thursdays (twice a week) for an hour.

3) Invigorating Exercise: Meets Tuesdays and Thursdays (twice a week) for an hour at the University Fitness Center.

4) T'ai Chi (meets once a week for an hour and a half).

5) Yoga (meets once a week for an hour and a half).

Our students pay for membership in FULIR each term. \$135 per term allows them to take up to 4 courses. Most courses don't have any extra fee. The students in the Aqua-cise class do pay an additional \$16 for the term for the cost of the lifeguard salary, use of our foam barbells, storage cages, etc. for their classes.

All of our instructors teach for free. We do offer them an honorarium worth \$50 at the end of the 10-week course or a voucher worth \$85 that they can use for membership in FULIR to take another course in the future.

We operate all aspects of our courses under the general insurance at the university. We do not get additional insurance for our students for any of our courses or activities.

For teachers we use:

- 1) for Aqua-cise: an undergraduate student who is certified in Water Safety Instructor and selected by the Health and Exercise Science department on campus.
 - 2) for the hiking classes: capable, experienced FULIR members who are great hikers and know many trails in North and South Carolina.
 - 3) for T'ai Chi: a capable, certified T'ai Chi person from the community.
 - 4) for Yoga: a capable, certified person who owns a local Yoga studio.
- Contact me if you have questions.

From Mary Gardner, Wabash Area Lifetime Learning Association, Inc. Purdue University, IN

We have offered physical fitness classes over the years, but they are a sampling of various forms of exercise and simple dance. Our classes are held in an old elementary school building that now belongs to Parks and Recreation--the teachers selected normally teach there. We do not pay any of our instructors but they hope to benefit from the exposure to our audience. Our members register through Purdue University and so if there was a problem they might be covered by PU insurance. The Parks Dept. also has insurance. We have not asked if the teachers are certified. Would be happy to answer any questions.

From Diana Muntigl, Lifetime Learning Centre Society, Mission, British Columbia

We have offered fitness classes since 1993 which have now evolved into 4 separate classes for a variety of needs. (attached here to below answers to questions)

- 1) It is part of our annual programming, LLC has a set price for members for the regular fitness classes (a ten card pass for \$27.50 for members; \$35 for non/members and \$4 drop-in): the Osetofit classes are \$35 for a 10 card pass, or standard rate for a series of 24. The instructors are paid an hourly contract rate.
- 2) There are very definite requirements on certification in British Columbia. The instructor has to be certified, and ours is also a Kinesiology trained instructor, with a specialty in teaching hird age participants.
- 3) Check your insurance policy requirements re this - especially the liability clauses. Ours require that the centre has insurance coverage, and the instructor also must carry insurance to cover him/herself.

2007 Spring & Summer at Lifetime Learning & Wellness Centre – Education & Wellness Programs for Adult & Third Age Learners

WHO WE ARE

Lifetime Learning Centre Society is a registered, non-profit society established in 1986. It provides opportunities for both older adults and others to continue their intellectual pursuits throughout their lives and provides specialized Fitness & Wellness Programs - fitness and health related activities tailored to third age (senior) specific needs. These community programs are designed to improve general knowledge, enhance quality of life and to provide opportunities for the citizens of Mission to remain mentally and physically active throughout their lives.

April to June 2007:

Wellness Programs **SPRING SUMMER 2007 FITNESS**

Fitness classes:

Workouts are tailored to third age specific requirements; 50 minutes of music, fun and good exercise with programs specially designed for seniors. Some weight strengthening exercises included. UCFV Kinesiology designed programs, our class is designed for all levels and is especially useful for people with joint disorders such as osteoporosis and arthritis; we teach flexibility, strength training, light weights and relaxation to help you maintain a healthy lifestyle and to stay mobile and independent.

Chairs are provided for the class.

Fee: Members, 10 classes for \$27.50 / non-members, 10 classes for \$35 or \$4 drop-in

On-going, Tuesdays and Thursdays at: 9:10 a.m

OSTEO-FIT I & II - Tuesdays and Thursdays Fee: call for details

50 minute programs especially designed for people with osteoporosis who are at an increased risk for fracture or who already have had one or more fractures. Each class has an educational and social component (class size is limited). Please note: Osteo fitness classes do not replace the care of a physiotherapist. Always consult your physician before beginning an exercise program. Choose either Level 1 or Level 2 classes.

Osteofit -Level 1 & 2

Intended to give people with osteoporosis the opportunity to begin, or continue on with, an exercise program suitable for their needs and provide a place to meet other people with osteoporosis in a social activity.

Level 1 Tuesdays and Thursdays 11 - 11:50 a.m.

Level 2 Tuesdays and Thursdays 10 - 10:50 a.m.

Nordic Pole Walking - Wednesdays, April through July, 4 - 5 p.m. - 10 sessions - \$50.00

An additional component of our fitness programs is the requirement that everyone signs a liability waiver and that a Health form is filled out by each participant (especially important for the over 69 age group; we have checked with Health Canada as to the required forms and use theirs - which are also used by all Parks and Recreation facilities in our region)

From Hildegard Grogan, Neumann LLI, PA

We do offer a Yoga Class each semester. We pay the instructor, through our independent contract process. She keeps up her certification yearly and carries her own insurance. The instructor checks with the students at the first class and fits the program to the attendees. Some sit. Others use a thick yoga sticky. Registrants are requested to check with their physician before registering.

From Harriet Leckich, Lifelong Learning, Mississippi Gulf Coast CC, MS

MGCCC Lifelong Learning offers 1 hour of morning Water Aerobic twice weekly in an enclosed swimming pool all year for Senior's (50 + years of age) for \$35.00 per semester by certified instructors. A \$5.00 fee per semester is offered on 3 campuses for use of gym's basketball court, weight room and treadmills between the hours of Noon and 5 pm, daily. Most LLI members utilize gym once weekly. All said rooms are supervised by full time employees. Yoga is offered once weekly per semester for (1 hour and 15 minutes) for \$30.00 by certified instructor all year on 4 campuses. Three campuses have outdoor walking paths utilized year round by general public FREE of charge. Certified Instructors are covered under MGCCC employment insurance and paid by MGCCC Continued Education Department according to the number of students per class. At least 5-LLI Members must be registered in said classes before a class makes per semester. Trust this information assist your research of LLI Fitness Classes.

From Anita Dittrich, MSU for Seniors, MN

MSU for Srs in Mankato, MN, LLI has NOT offered any fitness classes other than a one-time "Current Trends in Senior Fitness" a few years ago. There are many opportunities for participation in fitness activities in our community.

From Janice Allen, SOAR, SUNY Potsdam, NY

Our Presenters are all volunteer. SOAR members pay \$60/yr for access to any course offered during two ten-week sessions. We currently offer around 30 courses per session. Most of our classes are held on campus and all sign a waiver that reads: I understand that the SOAR Board of Directors, course instructors and SUNY Potsdam, its Trustees, employees and agents have no legal responsibility for my physical welfare while I am a member of SOAR or a participant in any SOAR class or sponsored trip. I therefore agree to hold these groups harmless for any claims for personal injury or damage arising out of my association with SOAR. Between the waiver and the relatively secure position of a State institution against lawsuit the campus classes are covered. All classes are held in public buildings-libraries, churches, museums and housing complexes insured for public use. All SOAR members have access to the facilities in the Athletics Building; these include track, weight room, and swimming. When we offer fitness-related classes we publish the presenters qualifications or practical capabilities in the course booklet. For example, this year one presenter's qualifying remarks read: has had 28 years of working with special and disabled populations, including geriatric populations. She is a certified coach for several sports in Special Olympics and was a lifeguard for over 20 years. She is currently a dance instructor and an avid exerciser. The presenter of the other fitness course this semester reads: is a certified Tai Chi instructor from the Boston Institute of Kung Fu and Tai Chi.

From Mary Quinn Burkhart, All, Auburn University, AL

AUall offers fitness classes. Currently, we're offering "Ki" (like Tai Chi, the Japanese equivalent) and "Karate for Seniors." These are offered as regular AUall courses, no extra charge, by a member. No pay, no insurance. The AUall member is a part-time fitness instructor for AU, and since AUall is part of AU, I have assumed he and we are covered by Auburn's insurance umbrella. In the past, we did offer an optional "Tai Chi" class, through a local dance/fitness club. Members paid them directly for the class, which was offered at a time convenient for our members (but was open to others in the community). We did have many participate, so dropped it.

From Norma Hughes, LLI, Northern Virginia Community College, VA

1) We do not pay our instructors.

Ours is an all volunteer organization. Professors from our sponsor, Northern Virginia Community College, members of our group, and outside organizations share their expertise.

2) All instructors submit a resume of education and qualifications.

3) All participating in Exercise Classes sign a waiver releasing LLI and the instructor from all liability.

We have offered a variety of Senior Exercise classes over the past couple of years. One class consisted of warm up, low impact aerobics, mat stretching, and relaxation technique. Another class offered both standing and mat exercises. Senior Yoga was offered. Our most recent class offered interactive lecture/demonstration, standing, sitting, and mat work. The structure of the course is entirely up to the leader. Hope this information is helpful.

From Sharon Nelson, Lincoln University, MO

Several years ago we offered a chair exercise class, but none since then, and no insurance arrangements were made. Most of our members regularly go to the YMCA or Healthplex, an exercise facility at a local hospital.

From Lydia Reynolds, Renesan Program, NM

We are not set up to offer fitness classes here at RENESAN. We have had some presentations on the subject, however.

From Diana Marsilje, Hope Academy of Senior Professionals, MI

Hope Academy of Senior Professionals (HASP) does not offer fitness classes. Perhaps it is an error on the part of the director; but we try to keep our emphasis on the intellectual stimulation and sharing of ideas. By trying to expand into all areas of life enrichment and support it would be all too easy to lose the focus on learning. Of course, this is possible because Holland is blessed to have a wonderful senior center to offer the other important areas such as exercise and leisure enrichment.